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Food for Hot Weather

A radio interview between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, July 2, 1940, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 87 associate radio stations.

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WALLACE KADDERLY:

And now here's your regular Tuesday home economics reporter, Ruth Van Deman --- bringing more timely hints for homemakers from the Bureau of Home Economics.

VAN DEMAN:

We hope they're timely. It all depends on the weather.

KADDERLY:

The weather? I thought that homemaking was one job that went on regardless of the weather....rain or shine....hot or cold.....

VAN DEMAN:

Three meals a day, 365 days in the year --- very true. But hot or cold makes quite a difference in the kind of meals and the way they're cooked. One of those hot, humid days early in June, a listener in Massachusetts wrote asking me to talk about foods for hot weather..... "foods that are nutritious and satisfying, and easy to prepare in the cool morning hours."

KADDERLY:

And before her letter got to Washington we probably had a cold wave. Is that what makes you so skeptical?

VAN DEMAN:

I always keep my fingers crossed on the weather. But one thing I'm quite sure about.....that's the Fourth of July dinner the Massachusetts lady will be serving to her family.

KADDERLY:

Fried chicken and all the fixins?

VAN DEMAN:

No, Wallace, you don't know New England. It will be fresh salmon and all the fixins.....green peas.....new potatoes.....probably strawberry shortcake.

KADDERLY:

Why wait until the Fourth of July. Why on the Pacific coast we eat fresh salmon from early spring to late fall, and we can it so we can eat it all winter.

VAN DEMAN:

But salmon are scarcer in the North Atlantic than they are in the Pacific. Anyway, in certain parts of New England fresh salmon has come to be the traditional Fourth of July dish. If the weather's cool it comes on the table hot, with hot egg sauce and mealy new potatoes.

But if the day's hot,I think it's better.....

(over)

KADDERLY:

How about a salmon bake in the cool of the evening, on the river bank, roasting the potatoes in the ashes of the camp fire?

VAN DEMAN:

Very alluring, Wallace. But I'm trying to keep my thoughts inside the kitchen.

KADDERLY:

All right. I'll go along with you there. On hot days cold salmon's very good.

VAN DEMAN:

With cool green cucumber slices around it.....and a cold dressing?

KADDERLY:

Check.

VAN DEMAN:

Ever try a sauce of whipped cream and grated horseradish on cold salmon?

KADDERLY:

Indeed I have. But I don't know how it's made.

VAN DEMAN:

Just cream whipped stiff, with enough grated horseradish folded in to give it zing. It's an old Scandinavian custom.

KADDERLY:

The Scandinavians should know. They've been cooking and serving fish for a good many centuries.

VAN DEMAN:

Long ago they learned not to cook their fish fast and furiously. They speak of boiled salmon. But as a matter of fact they simmer it, just under the boiling point. That way it cooks thoroughly, keeps tender, and doesn't fall to pieces.

For that cold salmon to serve with horseradish sauce.....

KADDERLY:

If the Fourth of July turns out to be a blistering hot day.....

VAN DEMAN:

Right. If the Fourth of July turns out a blistering hot day, we'll cook the two or three pound piece of fish in the cool of the morning, and chill it rapidly, and keep it just as cold as possible until dinnertime. Fish is one of the protein foods you can't take any chances with in hot weather.

And we'll cook the potatoes in the morning too and have them ready to slice and brown quickly on the top of the stove.

KADDERLY:

Will the peas lose their vitamins or something if they're shelled early in the morning?

VAN DEMAN:

Not enough to worry about if they're put into a covered dish and kept in a cold place.

Well, what we've said about this one Fourth of July menu illustrates a lot of the points about food in summertime.

KADDERLY:

Evidently you don't believe in cutting out the main dish just to save cooking

VAN DEMAN:

By no means. There are other ways to cut down on the calories. We need some protein food every day.....meat, fish, eggs, or cheese.....

KADDERLY:

And proteins are just as nutritious cold as hot.....

VAN DEMAN:

Every bit. Cold meat or fish, hot vegetables, fresh fruit for dessert..... the perfect summertime combination.

KADDERLY:

And as you suggested a week or two ago, when we were talking about water as food, the salty cured meats have special point in hot weather. That salt in the meat replaces some of the salt we lose from the body in perspiration.

VAN DEMAN:

And the salt in the meat makes us drink more water, so we perspire more freely, and that helps to keep down the body temperature.

KADDERLY:

All a beautifully worked out cycle. (Pause) Well, about this time, Ruth, you generally have a way of leading the conversation around to one of your home economics bulletins. But I don't see any on deck this time.....at least not yet?

VAN DEMAN:

Gracious. Did I forget to bring that over? No, here it is.

KADDERLY:

"Cooking Cured Pork".....very apropos.Especially this ham I see pictured here.....baked ham with spicy brown sugar coating. If that were good and cold, I think I could do a pretty good job of slicing it.

VAN DEMAN:

Farther over you'll see a boned stuffed shoulder. I think you can slice that just as well, and it would be easier on your pocketbook.

KADDERLY:

I'm all for that.Well, our listeners don't have to spend anything but a penny for a post card, do they, to get this leaflet on "Cooking Cured Pork?"

VAN DEMAN:

Not if you tell them to send that post card to the Bureau of Home Economics.

KADDERLY:

Ad lib offer of "Cooking Cured Pork."

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